

# FORM & SIGN

## MEANINGFUL CONVERSATION QUESTIONS:

### F.O.R.M. - FRIENDS

When we chat with friends, we can talk about four cool things to get to know them better. Here's how to do it:

#### Family:

"Do you have brothers or sisters? What fun things do you do with them?"

"Does your family celebrate special holidays or have fun traditions?"

"Who in your family tells the funniest jokes?"

#### Occupation - Job:

"What do you do at work every day?"

"Tell me about a time you fixed a problem at work."

"What's the best part of your job?"

#### Recreation - Fun:

"What games or sports do you like to play when you're not working?"

"Is there something new you want to try doing for fun?"

"Where do you like to go on the weekend?"

#### Message - Their Dreams and Thoughts:

Make a Note of Their SIGN

### S.I.G.N.

**Strengths:** (What they are good at)

If they talk about being good at making things or helping people, say, "Wow, you're really good at that!"

**Interests:** (What they like)

If they talk about loving to cook, gardening, or reading, you can talk about those things too. Maybe you know a great recipe or a cool book to share.

**Goals:** (What they wish to do)

If they hope to learn something new or do something big, listen and think of ways to cheer them on or help them get started.

**Needs:** (What they need help with)

If they say they need help finding a new hobby or fixing something, think about if you know how to help or if you know someone else who can.

When you listen, really listen. Nod your head, say "uh-huh," and wait until they finish talking before you speak. You can repeat back a little of what they said to show you get it. And don't forget to ask more about what they tell you – it shows you're interested!

Remember: Friends like to know we hear them and care. So when you talk using F.O.R.M., you're not just being nosy – you're being a good friend by learning what they love, what they're proud of, and how you can cheer them on!

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## MEANINGFUL CONVERSATION QUESTIONS:

### F.O.R.M. - SIMPLIFIED FOR CHILDREN

#### **Family:**

1. What is something cool your family taught you (Strengths)?
2. What do you love doing with your family (Interests)?
3. What is something you hope to do with your family one day (Goals)?
4. Is there something you wish your family could help you with (Needs)?

#### **Occupation - School:**

1. What are you really good at in school (Strengths)?
2. What is your favorite subject and why (Interests)?
3. What do you want to be when you grow up (Goals)?
4. Is there something you wish you could do better in school (Needs)?

#### **Recreation - Fun:**

1. What games or hobbies are you best at (Strengths)?
2. What is your favorite thing to do for fun (Interests)?
3. Is there a big goal you have for your hobby, like a high score or a new trick (Goals)?
4. Is there something you wish you had to make your hobby even more fun (Needs)?

#### **Message - Dreams and Thoughts, for a child:**

1. What do you think makes a person really strong or good (Strengths)?
2. What is an idea or story that you love (Interests)?
3. Can you tell me a big dream you have for the future (Goals)?
4. Is there something you need to make your big dream come true (Needs)?

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## MEANINGFUL CONVERSATION QUESTIONS:

### F.O.R.M. - ADVANCE

**Family:** Tell me about your family and what are you most proud of that you want to pass down to your children as well? (traditions, skills or traits)

1. Can you share a story about your family that had a significant impact on who you are today (Strengths)?
2. What traditions or activities does your family enjoy together (Interests)?
3. Are there any family-related goals you're working towards (Goals)?
4. How does your family support each other in times of need (Needs)?

**Occupation:** What is your dream career and why?

1. What skills or qualities do you feel are your strongest in your current job (Strengths)?
2. What is the most fulfilling project or task you've ever worked on in your job or school, and why did it mean so much to you (Interests)?
3. What are your professional goals in the next few years (Goals)?
4. Is there something that you feel would help you perform better at your job (Needs)?

**Recreation:** What are some of your favorite memories of FUN experiences?

1. What are some hobbies or activities where you feel you excel (Strengths)?
2. What is your favorite thing to do for fun and why (Interests)?
3. Do you have any goals related to your hobbies or FUN activities (Goals)?
4. Is there anything you feel you need to further enjoy or pursue your hobbies (Needs)?

**Message:** What life lesson or piece of wisdom has deeply influenced your outlook on life, and can you share a story about how you learned it?

1. What strengths do you believe are most important for success in life (Strengths)?
2. What ideas, books, or philosophies interest you the most (Interests)?
3. How do you see your future unfolding (Goals)?
4. Is there something you feel you need to make your life message come true (Needs)?

## **S.I.G.N.**

### **Strengths:**

1. What do you consider to be your greatest strengths?
2. Can you tell me about a time when you used your strengths to overcome a challenge?
3. How do others typically describe your strengths?
4. How do your strengths influence your daily life?

### **Interests:**

1. What hobbies or activities do you most enjoy in your free time?
2. Are there any topics that you find particularly fascinating or could talk about for hours?
3. How did you become interested in these things?
4. Can you share an experience or moment that fueled these interests?

### **Goals:**

1. What is a personal or professional goal that you are working towards right now?
2. Can you share a goal that you've achieved recently and what it meant to you?
3. How do you plan to achieve your future goals?
4. What would reaching this goal mean to you?

### **Needs:**

1. Is there anything you are struggling with or need help with at the moment?
2. Can you describe a situation where you wished you had more support or resources?
3. What kinds of things would make your life easier or more enjoyable?
4. If you could ask for anything, what would you need to bring you closer to your dreams?